

How to make your New Year's resolutions stick

A GUIDE FROM WEIGHT WATCHERS®

1 Concentrate on getting started. Don't worry about every detail of a weight-loss program.

Don't be overwhelmed by the weight you feel you must ultimately lose. Just remain focused on the steps you need to take to get started.

2 Be realistic.

The surest way to fall short of your goal is to make your goal unattainable. For instance, resolving to never eat your favorite dessert again could be a bad choice. Strive for a goal that is attainable.

3 Write your goals down and outline your plan.

If you want to truly do something, write it down. Decide how you will deal with the temptation to skip an exercise class or eat a piece of cake.

4 Create a support system.

Don't keep your weight-loss resolution a secret. Tell friends and family members who will be there to support your resolve to change yourself for the better.

5 Remove temptations, but don't go to extremes.

Go into your kitchen and remove all tempting foods from your refrigerator and pantry. Then fill your kitchen with healthy, nutrient-dense foods. But don't go to extremes. Cutting out food groups and crash dieting inevitably leads to feeling deprived. The key to long-term weight control is to learn how to eat in moderation.

6 Don't beat yourself up.

Obsessing over the occasional slip won't help you achieve your goal. Do the best you can each day, and take them one at a time.

7 Stick to it.

Experts say it takes some time for a new activity to become a way of life. So stick with it—it will happen.

8 Celebrate every pound you lose.

Keeping a positive, balanced perspective is key.